

# THE JOURNAL

*Modest Fly Art Studio Gallery Quarterly Newsletter*



## FIGURE DRAWING WORKSHOP

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# Modest Fly Art Classes

We offer fundamental art classes throughout the week and provide a FREE introductory class for those who would like to try it before signing up.

## INTRODUCTORY LESSON

CALL **833. MODEST- 1 (663 - 3781)** TO MAKE AN APPOINTMENT.  
ALL CLASSES ARE ONE HOUR AND 30 MINUTES.

## TUITION PRICING

*\*pricing below effective June 2023\**

Materials & Registration Fee.....\$85

First Month Tuition.....\$155 or \$180

Last Month Deposit.....\$155 or \$185 (NONREFUNDABLE)

### TUITION PER STUDENT

ONCE A WEEK	SESSION TIME DURATION IS 1 1/2 HOURS ONE SESSION ONCE A WEEK ONLY. FOUR TO FIVE SESSIONS A MONTH DEPENDING ON DAYS IN THE MONTH.	<b>\$155</b>
TWICE A WEEK	SESSION TIME DURATION IS 1 1/2 HOURS TWO SESSIONS A WEEK. EIGHT TO NINE SESSIONS A MONTH DEPENDING ON DAYS IN THE MONTH.	<b>\$180</b>

### TUITION FOR SIBLINGS

ONCE A WEEK	SESSION TIME DURATION IS 1 1/2 HOURS ONE SESSION ONCE A WEEK ONLY. FOUR TO FIVE SESSIONS A MONTH DEPENDING ON DAYS IN THE MONTH.	<b>\$280</b> \$140/EACH MONTH
TWICE A WEEK	SESSION TIME DURATION IS 1 1/2 HOURS TWO SESSIONS A WEEK. EIGHT TO NINE SESSIONS A MONTH DEPENDING ON DAYS IN THE MONTH.	<b>\$320</b> \$160/EACH MONTH

## DISCOUNTS

*\*ONE MONTH ADVANCE NOTICE IS REQUIRED FOR DISCOUNTING LESSONS\**

### HALF-YEARLY TUITION

ONCE A WEEK	SESSION TIME DURATION IS 1 1/2 HOURS ONE SESSION ONCE A WEEK ONLY. FOUR TO FIVE SESSIONS A MONTH DEPENDING ON DAYS IN THE MONTH.	<b>\$800</b> YEARLY SAVINGS \$130
TWICE A WEEK	SESSION TIME DURATION IS 1 1/2 HOURS TWO SESSIONS A WEEK. EIGHT TO NINE SESSIONS A MONTH DEPENDING ON DAYS IN THE MONTH.	<b>\$980</b> YEARLY SAVINGS \$100

### HALF-YEARLY TUITION FOR SIBLINGS

ONCE A WEEK	SESSION TIME DURATION IS 1 1/2 HOURS ONE SESSION ONCE A WEEK ONLY. FOUR TO FIVE SESSIONS A MONTH DEPENDING ON DAYS IN THE MONTH.	<b>\$1,440</b> YEARLY SAVINGS \$240
TWICE A WEEK	SESSION TIME DURATION IS 1 1/2 HOURS TWO SESSIONS A WEEK. EIGHT TO NINE SESSIONS A MONTH DEPENDING ON DAYS IN THE MONTH.	<b>\$1,640</b> YEARLY SAVINGS \$280

## CLASS SCHEDULE

MONDAY	ADULTS BEGIN AT 12PM AGES 6-8 BEGIN AT 2PM AGES 8-12 BEGIN AT 3:30PM AGES 6-8 BEGIN AT 5PM.	12PM - 7:30PM
TUESDAY	ADULTS BEGIN AT 12PM AGES 6-8 BEGIN AT 2PM AGES 8-12 BEGIN AT 3:30PM AGES 6-8 BEGIN AT 5PM.	12PM - 7:30PM
WEDNESDAY	ADULTS BEGIN AT 12PM AGES 6-8 BEGIN AT 2PM AGES 8-12 BEGIN AT 3:30PM AGES 6-8 BEGIN AT 5PM.	12PM - 7:30PM
THURSDAY	ADULTS BEGIN AT 12PM AGES 6-8 BEGIN AT 2PM AGES 8-12 BEGIN AT 3:30PM AGES 6-8 BEGIN AT 5PM.	12PM - 7:30PM
SATURDAY	AGES 4-6 BEGIN AT 10AM AGES 6-8 BEGIN AT 11:30AM AGES 8-12 BEGIN AT 1PM. ADULTS BEGIN AT 2:30PM	10AM - 4PM

## MONTHLY MEMBERSHIP

*\*ONE TIME MATERIAL FEE \$125  
ALL FEES ARE NON-REFUNDABLE*

MONTHLY FEE	COME ANYTIME DURING OPEN HOURS DURING UNINSTRUCTED STUDIO TIME.  ALL MATERIALS INCLUDED	\$325
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**Modest Fly Art's 2023 Gala will be held on  
SEPTEMBER 21st, 2023**

*Save  
the  
Date*



**details  
will be  
posted  
soon.**





## The Ground Beneath Your Feet

*When life gets hectic and you've got too much to do, it can be easy to lose sight of those personal routines that normally help you feel calm, stable, and serene. This can be especially so if you're on a journey, whether that's physically traveling to a destination or dealing with a life change, the changes can cause you to feel disconnected from yourself. If you've felt overwhelmed, anxious, or foggy lately, and it's been a while since you took a long walk in nature or touched the earth with your bare feet, here's how to stay grounded.*

### Are you grounded?

Being grounded might be understood as feeling balanced and collected. You could feel most grounded when you're well rested and in a comfortable environment. The ability to be grounded can often lead to making wiser decisions, feeling more focused, and being more present with those around you. On the other hand, being ungrounded can be the cause of oversensitivity and feeling vulnerable in daily situations. Like a tree with bare roots or a building without firm foundations, a person who is ungrounded is more likely to be affected by the events that happen around them.

When it comes to dealing with the upheaval of traveling from one place to another or moving through a challenging life change, systems of health and well-being have focused on the ability to remain calm and grounded for thousands of years.

Sarah Major, an acupuncturist, explains that Chinese medicine has always focused on working with change rather than fighting it: "Chinese philosophers recognized that transition is a part of life. Life is a movement and that inevitably leads to transition - even taking a step forward is a change. This applies as much now as it did in ancient times. Transition is the natural progressions through life."

### Travel

Excessive feelings of being ungrounded are most common when a person is literally in the air and traveling by airplane. The disruption of routine, varying time zones, being surrounded by lots of people, unfamiliar foods, and a disconnection from the solid earth can all lead to digestive issues and anxiety. Instead of ordering a gin and tonic to "settle the nerves," why not reach for a calming pastime instead? While relaxing hobbies can include yoga and fishing, we're thinking portable here - such as knitting, which has been found to be good for mental health and for lowering heart rate too. Or take along some mala beads, said to be great for invoking calming thoughts.

Choose beads made of stones that attract you: black tourmaline is said to be good for grounding and protecting energies; smoky quartz is a root chakra stone known to improve connection to the physical world. Keep them in a pocket or somewhere accessible and give them a squeeze when you need reassurance or to feel present.

If you're seated 35,000ft in the air, and feeling anxious and unable to relax, entering a state of meditation can sometimes feel elusive. Knowing this, Aimee Hartley, a conscious-breath coach and founder of The Breathing Room, uses breath-work as her meditative focus: "Deep belly breathing opens up the lower abdomen and full, deep breaths are crucial to good health," she says. "Restricted or shallow breathing in a tense way shows a fear response, while deep belly breathing is relaxing and releases endorphins, which make you feel good."

Along with breathing calmly, staying hydrated is one of the most important things to consider when traveling, as dehydration can trigger symptoms of anxiety, brain fog, and feeling ungrounded. To stay balanced, pack some electrolytes to put into your water if you're feeling dehydrated and consume foods containing plenty of moisture, such as fruit.

Another useful tool to stay grounded when traveling, or in fact at any time, is alternate nostril breathing. To do this, sit comfortably with your spine straight. Relax your left palm in your lap and bring your right hand up in front of your face. Bring your index finger and middle finger of the right hand to lightly rest between your eyebrows. Close your eyes and take a deep breath in and out through your nose. Close your right nostril with your right thumb. Inhale through the left nostril slowly and steadily. Close the left nostril with your ring finger so both nostrils are held closed; retain your breath at the top of the inhale for a brief pause. Open your right nostril and release the breath slowly through the right side; pause briefly at the bottom of the exhale. Inhale through the right side slowly. Hold both nostrils closed (with ring finger and thumb). Open your left nostril and



release breath slowly through the left side. Pause briefly at the bottom of the exhale. Repeat for five to 10 cycles, allowing your mind to follow your inhales and exhales.

With the sense of smell being a primary link to emotions and the nervous system, comforting essential oils such as bergamot, patchouli, or earthy basil can be carried in your hand luggage to inhale gently while on board. Studies show that lavender essential oil in particular can be effective at helping to reduce the potential worry surrounding change and travel, and it has the potential to improve systems related to disturbed sleep and restlessness, and enhance general well-being and quality of life.

### **Transition**

When landing back on solid earth, or when moving through a life change, the practice of earthing can do wonders for you physically and emotionally. Natural earth has its own electrical charge and is abundant in antioxidant and free radical reducing electrons. When standing on the ground, these electrons have an opportunity to travel through the earth and into the body, potentially reducing inflammation, stress, and pain, improving sleep and enhancing well-being. Stepping on the earth with bare feet allows the body to receive these electrons, so spending time outside on the bare ground can be one of the most powerful ways to feel more rooted.

### **Head Outdoors**

Speaking of spending time outside, walking in nature has been shown to help reduce levels of anxiety and stress, and a walk in the fresh air is often one of the most effective ways to problem solve or work things out when going through a difficult life transition.

A study at Stanford University found measurable evidence that walking in nature can lead to a lower risk of depression. It has been suggested that decreased nature experience may help to explain the link between urbanization, or city dwelling, and mental illness. The beauty of daytime isn't the only way to appreciate nature because stars (despite being very much not on the ground) can also provide a sense of comfort and perspective if you're suffering from overwhelm.

A good technique for rationalizing our problems and maintaining a grounded attitude is to take a moment to stand outside on a starry night and look up at the sky. When things seem to be insurmountable, it can be helpful to realize that in the context of the universe, we are small, and our problems are transient. Take a moment to understand that the ebb and flow, the ups and downs of life are normal, and that even the harder moments pass. There is always a new day, and life changes.

### **Connect to life's natural rhythms**

The transitions each person moves through in life are not always traveled with ease, as anyone who has been through illness or hormone imbalance, for example, will know. This is perhaps why these various turning points in life are often accompanied by physical and emotional difficulty, especially if there is a resistance and battle against such changes.

If it seems change is overwhelming and demanding too much energy, one approach is to be aware that you are in your body and physically grounded by placing your hands on your heart area and allowing yourself to feel what you are feeling. If you need to cry, cry; if you need to feel angry, feel angry. Sometimes you have to consciously move out of

your head and into your body. Physically moving can help, whether that's going for a run, practicing yoga or a breath exercise, or dancing like a crazy thing. Doing something to take yourself out of your thoughts can help with grounding and to truly see what action you need to take next - if any at all.

## **FIVE WAYS TO GET GROUNDED**

### **Accept that life is a state of constant movement and flux.**

Welcoming the inevitable changes life brings and working with them rather than against them is not about taking the easy route, it's to do with living in harmony with the universe and so protecting your well-being.

### **Feel your body.**

When there is a lot going on and huge changes are happening, it doesn't help to switch off and just wallow. If you find your energy is stuck in your mind, practice massaging your feet, or get moving so you feel your physical body.

### **Spend time in nature.**

Whether taking the dog for a walk, sitting quietly on a park bench or going barefoot on the earth, spending even a few quiet minutes outside can help to refocus the mind and offers a welcome break from rumination.

### **Stay hydrated and nourished.**

Remember, your body and mind work best when they're given what they need. If you feel ungrounded, try drinking more water, and consuming foods that grow underground such as root vegetables.

### **Connect to your true self.**

Throughout life, many things will change, and yet your true self - your soul, essence, spirit, or whatever you may call it - remains the same, which can be a comforting thought.

"Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like."

-LAO TZU

*"The Ground Beneath Your Feet," Breathe Magazine.*

# EVENTS AT MODEST FLY

Modest Fly Art offers packages for a fun art-filled birthday party!

## ARTFUL FUN PACKAGE

**\$925/8-12 persons**

(\$25 additional for each additional guest)

### PACKAGE INCLUDES:

- 3 Hour duration
- \$50 Additional for each extra half hour
- 2-3 Art projects chosen and related to the theme of the event. All materials included (we do not provide food, drinks, cake, etc.)
- 2 Party Assistants to help during party & clean up
- 30 Minute set-up & clean-up after allotted party time
- Tablecloths, napkins, and utensils(your color choice)
- Cake ceremony (staff help to sing, cut, & serve cake)

### PROJECTS:

*(Choose 2-3. ALL projects will be planned in accordance with the theme of the party)*

Spin Art Fun  
Cupcake Decorating  
Frame/Ornament Decorating  
Slime Making  
Paint a Canvas Pencil Bag  
Paint a Canvas Tote Bag  
Paint a Puzzle  
Tile Painting  
Mini Easel Painting  
Clay Characters  
Marble Papermaking  
Canvas Panel Painting  
T-shirt Painting  
Tye-Dye Fun

### PARTY ADD-ONS:

*(\$150-300 for each add-on depending on availability)*

Face Painter  
Party Favors (8-12 bags)  
Polaroid Picture Fun  
*(given to party host at the end of party)*  
Caricature Artist  
Photographer

### THEME ROOM DECORATIONS:

Helium balloons/ Balloon Banner  
Paper goods, utensils, & napkins  
Tablecloths  
Painted Birthday Sign

*(Design and Decoration Packages range from anywhere between \$800-\$1200)*

*\*Please give at least 2 weeks notice for any desired add-ons to your party\**



# MEL Art Scholarship

Modest Fly Art is offering an ART SCHOLARSHIP for A YEAR of ART LESSONS in 2023. Applications must be fully completed and turned in no later than **June 1st, 2023.**

These awards will be determined on a competitive basis and requires the submission of an art portfolio, a bio / artist statement and two letters of recommendation. All applicants will be emailed a notification of completion results by **September 1st, 2023.** Payments will be made directly to the recipient's tuition for the entire year they will be attending classes.

## ARTWORK

Create a portfolio of work showcasing your best efforts. Include any artwork you feel best depicts your abilities and exemplifies your inspiration as an individual. All artwork should be labeled with title, size, and medium used.

## BIO / ARTIST STATEMENT

The bio/artist statement must include a little bit about yourself, your background, culture, and values. Include why you chose to be an artist and why you think you deserve this scholarship personally. Your artist statement should include your artistic goals and describe how your submitted work represents your vision and perspective. Your bio / statement may not exceed two pages. Be sure to include your name at the top of your statement and include a cover letter.

## DEADLINE

Submit (email or drop off) your completed files along with your artwork, bio / artist statements and letters of recommendation by June 1st, 2023.

### EMAIL Submission to:

eerren@modestflyartgallery.com  
or  
tsaturyan\_iren@yahoo.com

### LETTERS OF RECOMMENDATION

Please submit two letters of recommendation. They must be written by non-family member. (Ex. teacher, employer, etc.)

### IN-PERSON Submission can be MAILED / DROPPED off to:

10055 Commerce Avenue Los Angeles, CA. 91042



***In the forest, trees often give each other space to reach for the sky, a habit that humans can learn from when it comes to setting personal boundaries.***

Next time you go for a walk in a forest or woodland, take a moment to gaze above you. You might find that the canopy resembles a breathtaking umbrella of vivid-green shapes with channel-like gaps between the tops of the trees. Visually stunning, the phenomenon has been documented worldwide since the 1920s, and is called crown shyness. It happens when trees, usually of the same species but not always, appear to give each other space. Each tree crown is perfectly outlined in a halo of light, as though the whole canopy has shattered.

No one really knows why this happens. Scientists have theorized that trees can sense when they're approaching a neighbor and halt their growth to ensure optimal light for photosynthesis. Another hypothesis is that the gaps prevent branches from getting damaged in the wind - although one study found that the spectacle didn't appear to be more common in windier areas. It's also possible that trees keep a respectful distance from each other to prevent the spread of pests and disease.

Even when trees grow close together they often demonstrate a mutual respect and offer reciprocal benefits. This is true in the case of inosculating trees - where the same of different species grow so close to each other that their touching trunks or branches graft together. This is also known as kissing or married trees. Furthermore, where a tree known for longevity intertwines with one resistant to disease, it's been found to share the advantages of its friend.

Peter Wohlleben, author of *The Hidden Life of Trees*, believes that trees are social beings. "We think about plants being robotic, following a genetic code," he says, "but plants and trees always have a choice about what to do. Trees are able to decide, they have memories, and even different characters."

Peter says that when trees don't maintain their boundaries and instead hog resources or disobey basic tree etiquette, the result is a "drunken forest." He compares that image with the "mature, upright, and disciplined" ancient forests, with their "ramrod-straight trunk[s]."

### **From forests to humans**

Whether you agree with this anthropomorphic view, it's clear that maintaining healthy boundaries and ensuring mutual respect helps trees to maintain good health, manage resources, and protect the forest as a whole.

When humans ignore or fail to respect boundaries, the emotional and physical resources of individuals and the community can be adversely affected, which can even lead to a so-called drunken forest of people. This is because, like trees, humans experience reciprocal benefits from setting and maintaining healthy boundaries.

In this sense, a boundary is a conceptual border. It helps to establish where you end and other people begin. Having a clear and healthy periphery involves understanding what's yours and what's someone else's. It means taking responsibility for only your own emotions and actions, not other people's (this is different for caregivers, of course).

### **Explore your limits**

There are many types of boundary, too, and it can be helpful to explore how you feel about each one and whether it's strong or clear enough to meet your needs.

A boundary isn't designed to make you feel isolated. While some trees maintain space around their crowns, they are by no means solitary. Their roots mingle, they share resources and communicate through a vast fungal web. According to M. Scott Peck, author of *The Road Less Travelled*, you could think of your boundaries as a moat around your castle, complete with a drawbridge that can be lowered or raised. As the gatekeeper of your castle, you decide who and what comes in and when to raise the drawbridge to keep others out, at least for a while. Access depends on your relationship with a person as well as the connection and trust in the relationship. You might be happy for a friend to ask personal questions, for example, but it might seem inappropriate if it were your boss doing the quizzing.

There are other advantages, too, to having a clear sense of what's acceptable to you, and it can allow you to take control in positive ways. You are less likely to feel vulnerable, exposed, or exploited. It can help you to feel that people in your life respect your time and values and are unlikely to take advantage; that you're less weighed down by the worries of friends, family, and colleagues and can be selective when using your emotional energy; and that you help loves ones out of choice rather than obligation.

Of course, marking out boundaries takes time, and some people might be unhappy about changes you make. The reciprocal benefits of establishing a clear line between you and the rest of the world, however, is essential for building the self-esteem, self-worth, and self-care needed to function at your best in relationships.

*"Room to Grow," Breathe Magazine.*

